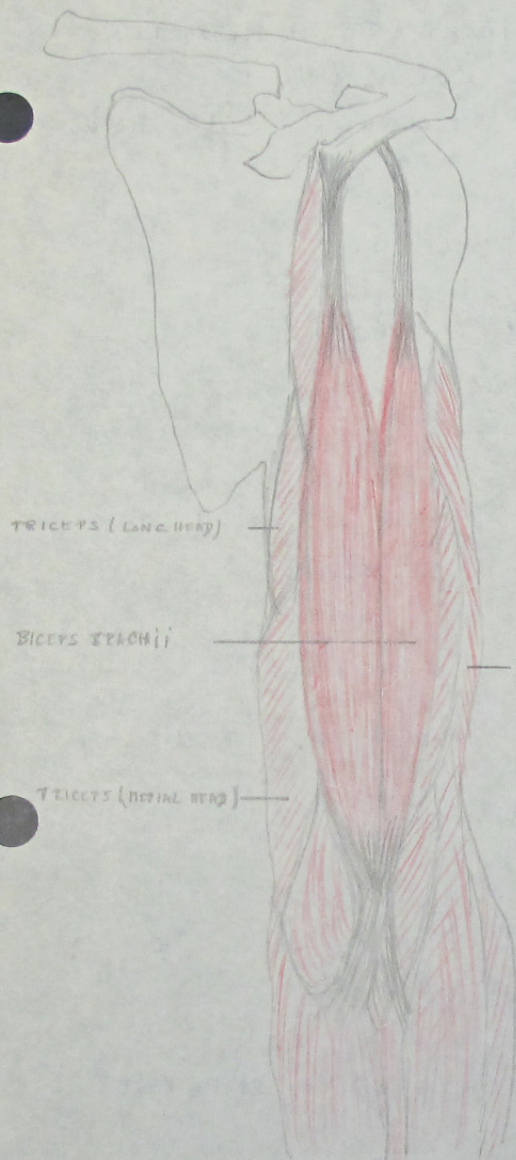
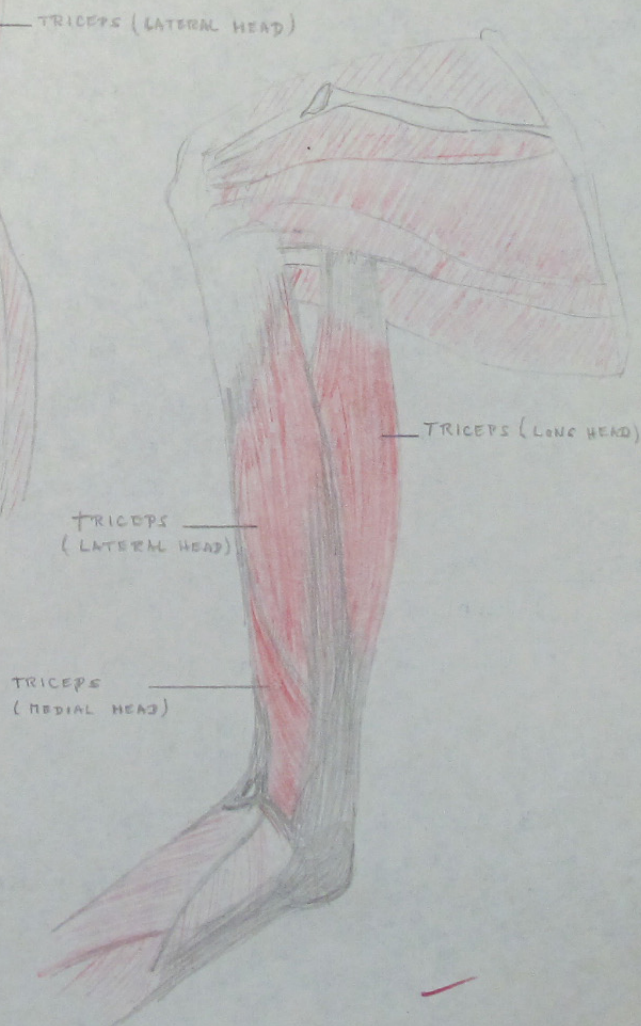


VENTRAL ASPECT OF MUSCLES OF ARM



DORSAL ASPECT OF MUSCLES OF ARM





## TRAPEZIUS

- 1) WHEN THE WHOLE MUSCLE CONTRACTS, IT PULLS THE SCAPULA BACKWARD + MEDIALY TOWARD THE VERTEBRAL COLUMN.
- 2) ELEVATES AND ROTATES SHOULDER-GIRDLE AND HEAD.

## LATISSIMUS DORSI

- 1) WITH THE TRUNK FIXED, IT ADDUCTS, EXTENDS + ROTATES HUMERUS MEDIALWARD.
- 2) RETRACT + DEPRESS SCAPULA.
- 3) WITH THE HUMERUS FIXED, RAISES THE TRUNK AND PELVIS. (AS IN ROPE-CLIMBING)

## RHOMBOIDEUS MAJOR. (LIES UNDER TRAPEZIUS)

- 1) ELEVATES AND RETRACTS SCAPULA, + TENDS TO ROTATE IT.

## PECTORALIS MAJOR

- 1) CHIEF ACTION IS ON THE HUMERUS, WHICH IT ADDUCTS, FLEXES + ROTATES MEDIALY.
- 2) WHEN HUMERUS IS FIXED -
  - SHOULDER-GIRDLE IS ELEVATED + DEPRESSED
  - RIBS ARE ELEVATED.

## SERRATUS ANTERIOR

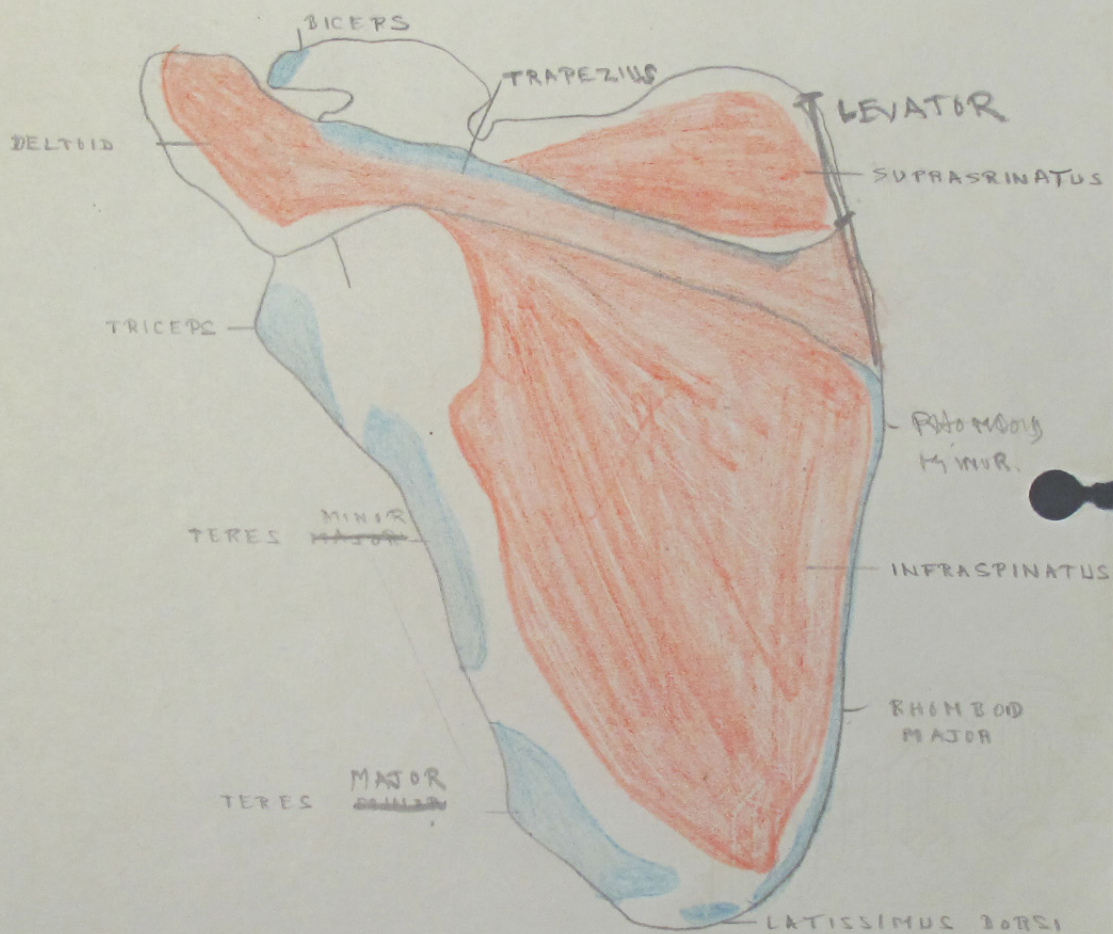
- 1) MUSCLE AS A WHOLE, PULLS SCAPULA FORWARD + LATERALLY
- 2) WHEN SCAPULA IS FIXED - ELEVATES THE RIBS

## DELTOID

ADDUCTS, FLEXES + EXTENDS HUMERUS + TENDS TO ROTATE HUMERUS MEDIALY + LATERALLY.

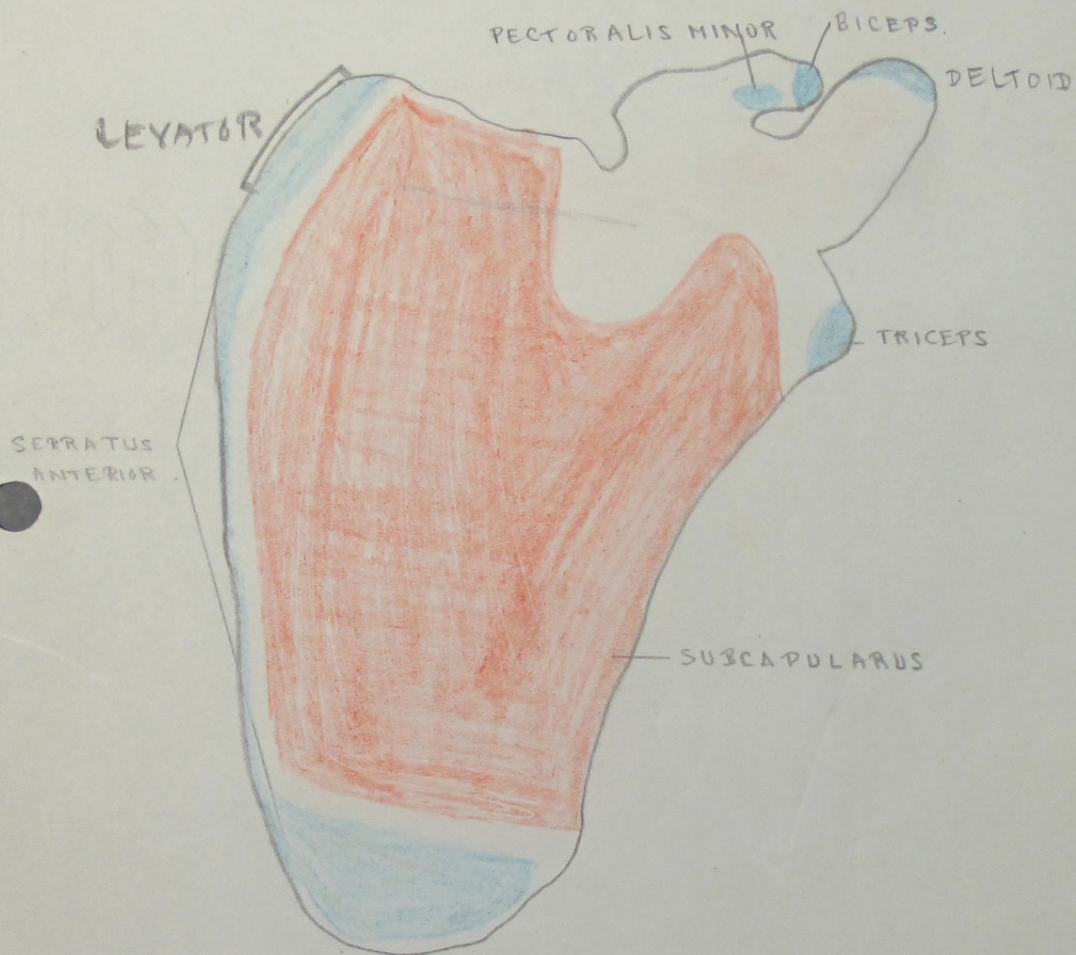


DORSAL





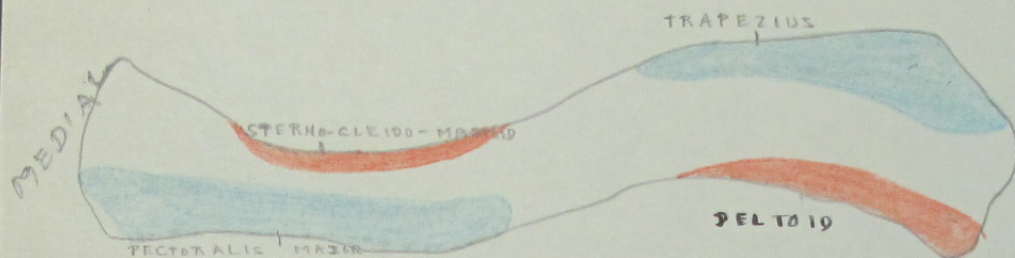
COSTAL -



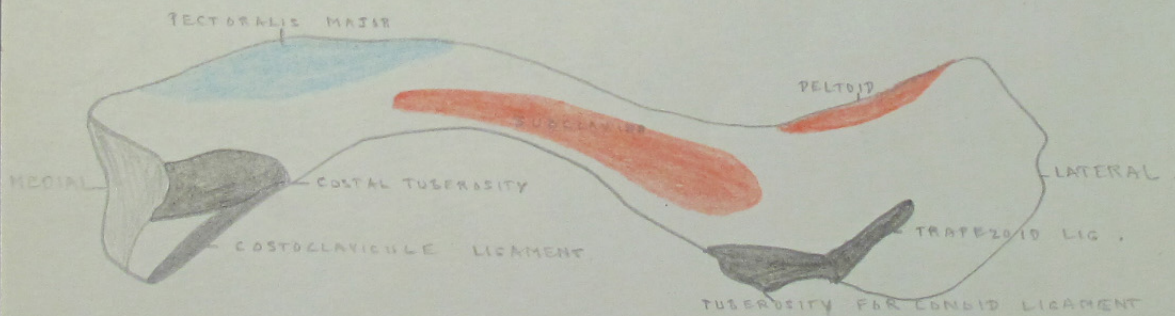


# CLAVICLE

## SUPERIOR VIEW



## INFERIOR VIEW





## Inaction

Olecranon of ulna.

Half way down front  
of humerus

Bicipital tuberosity  
of radius.

Middle third of  
medial humerus.

Middle of medial  
border of humerus.

Lateral lip of  
bicipital groove.  
Greater tuberosity of humerus

Coracoid process  
of scapula.

Mastoid process of  
temporal bone.

Lower tubercle of  
front of humerus.

Subclavian groove of clavicle

## Action.

Extends arm & forearm.

abducts,  
Adducts arm.

Flexes arm  
supinates forearm

Flexes & adducts humerus.

Flexes arm.

Flexes, adducts,  
rotates arm, medially  
- Raises ribs.

Depresses (pulls down)  
scapula.

Flexes & twists head.

Rotates humerus in.  
Holds head in place.

Glennides 1st sit when sh.  
fixed. 195



<u>Muscle</u>	<u>Origin</u>
Supra-spinatus	Supra-spinous fossa of scapula
Infraspinatus	Infraspinous fossa
Serratus Anterior	Upper 8 ribs
Levator Anguli Scapulae	Upper 4 <sup>cervical</sup> vertebrae
Rhomboid - Major & Minor	Cervical & dorsal vertebrae
Dors Major	Lower $\frac{1}{3}$ lateral border of scapula
Dors Minor	Upper $\frac{2}{3}$ lateral border of scapula
Trapezius	Occipital bone & cervical & thoracic vertebrae
Latissimus Dorsi	Sacrum Crest of ilium lumbar & thoracic vertebrae last 3 ribs
Brachialis	distal $\frac{2}{3}$ shaft of humerus



## Insertion

## Action

Greater tubercle of humerus (front)	Abducts.
Greater tubercle of humerus	Rotates arm out.
Medial border of scapula	Elevates ribs - protracts Rotates scapula across chest wall.
Upper medial border of scapula	Lifts scapula.
Medial border of scapula (just under spine) (lower $\frac{1}{3}$ )	Adducts. Inward rotation of scapula.
Medial tip of bicipital groove of humerus	- Adducts - Rotates medially.
Greater tubercle of humerus (back)	Outward rotates arm.
Lateral $\frac{1}{2}$ of post. clavicle Medial margin of acromion	Draws head backwards.
Upper border of spine of scapula	
Bicipital groove of humerus (front)	Extends, adducts & rotates humerus medially.
Intercosity of ulna + coronoid process.	Flexes forearm.



Musculi  
Superficial

Muscle	Origin
<del>Brachio-radialis</del> <del>Brachioradialis</del>	Lateral condyloid ridge of humerus.
Proneus	Medial condyle of humerus
Flexor Carpi R.	Medial epicondyle of humerus
Flexor Digitorum Sublimis	Medial epicondyle. coronoid process.
Flexor Carpi Ulnaris	Medial epicondyle + upper $\frac{2}{3}$ of ulnar ridge.
Palmaris longus	Medial epicondyle - humerus

Deep

Flexor digitorum profundus.	Middle half of front of ulna.
Flexor pollicis longus	Ant. surface of middle half of radius lower ulna to radius
Proneus quadrator	Lower part of ant. of ulna.
Extensor digitorum communis.	Lateral epicondyle of humerus.
Extensor Indices Proprius	Lower dorsal part of ulna.



## Insertion

Base of 1<sup>st</sup> phalanx  
of thumb.

lateral border of front  
of 1<sup>st</sup> metacarpal

Base of 1<sup>st</sup> phalanx  
of thumb.

1<sup>st</sup> phalanx of thumb

Medial side of base  
of 1<sup>st</sup> phalanx of little  
finger.

Base of 1<sup>st</sup> phalanx  
of little finger.

Along border of  
5<sup>th</sup> metacarpal

## Action

Abducts thumb  
& flexes 1<sup>st</sup> phalanx.

Flexes, adducts &  
rotates in 1<sup>st</sup> metacarpal  
- thumb meets finger tip.

Flexes & adducts thumb.

1<sup>st</sup> phalanx  
Adducts thumb & flexes

Adducts little finger.

Flexes little finger.

Flexes & adducts  
5<sup>th</sup> metacarpal  
& rotates it  
slightly.





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